Lindsey Pennington, MD
FACIAL PLASTICS

Post Laser Instructions:

*May start taking Zyrtec during the day and Benadryl at night up to a week before the procedure and for a week after procedure to help with swelling and itching.
*You will not wash face until directed by Dr. Pennington
*You will not use skincare until directed by Dr. Pennington
*No hair salons or nail salons for up to 6 weeks
*Be sure to protect your skin anytime in sun even walking to and from car, have covered with big sun hat, scarf, sunglasses

Vinegar Soak Instructions:

- Soak the treated skin with a plain white vinegar solution **8 to 10 times each day.**
- You can't soak too much! Soaking reduces redness and speeds healing!
- **Do not pick, rub, scrub or irritate your skin while it is healing.**

How to Soak:

- Dip a clean, soft washcloth or gauze into vinegar solution and place the wet cloth against your skin, gently pressing to ensure the vinegar solution wets the skin. Rinse and repeat for 5 minutes.

- Most of the Aquaphor should come off during the soak but **DO NOT RUB OFF!**

Solution:

- Mix 2 tsp vinegar to 3 cups of water.

- Solution may be mixed up ahead of time and stored in the refrigerator.
- Apply a layer of Aquaphor ointment to the treated area immediately after soaking. If the skin gets dry or scabbed, you need to soak more often.

If you have any questions, do not hesitate to reach out to our office: 318-216-5366